



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# Red Pepper & Goat Cheese Frittata

**Prep Time:** 20 mins

**Cook Time:** 7 mins

**Rest Time:** 3 mins

**Total Time:** 30 mins

## Ingredients

- 8 large egg(s)
- 2 tablespoon oregano, fresh, finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper, black ground
- 2 tablespoon oil, olive, extra virgin
- 1 cup(s) pepper(s), red, bell, sliced
- 1 bunch(es) scallion(s) (green onions), trimmed and sliced
- 1/2 cup(s) cheese, goat cheese, crumbled

## Preparation

1. Position rack in upper third of oven; preheat broiler.
2. Whisk eggs, oregano, salt and pepper in a medium bowl. Heat oil in a large, ovenproof, nonstick skillet over medium heat. Add bell pepper and scallions and cook, stirring constantly, until the scallions are just wilted, 30 seconds to 1 minute.
3. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata to allow the uncooked egg to flow underneath, until the bottom is light golden, 2 to 3 minutes. Dot the top of the frittata with cheese, transfer the pan to the oven and broil until puffy and lightly golden on top, 2 to 3 minutes. Let rest for about 3 minutes before serving. Serve hot or cold.